Allergy Free Poultry

Includes vision and physical accessibility notes

Copyright 2014 Abby Brown

All Rights Reserved

License Notice

This book is licensed for your personal enjoyment only. This book may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you're reading this book and did not purchase it, or it was not purchased for your use only, then please return to your favorite ebook retailer and purchase your own copy. Thank you for respecting the hard work of this author.

This book is a work of fiction. All events, people, and places portrayed are a work of fiction. Any resemblance to real people, places, or events are coincidental and unintentional.

Previously published as Coffee, Tea, and Gluten Free: The Cookbook by April D Brown.

Cover is a composite of Pixabay pictures.

Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

Acknowledgements 2
Chicken 4
Whole Chicken 5
Chicken Casserole 8
Baked Chicken Thighs and Vegetables 11
Barbecued Chicken Legs and Vegetables 14
Chicken Chili 17
Chicken Salad 21
Grilled Chicken 24
Mushroom Chicken Breasts and Vegetables 27
Turkey * 30
Whole Turkey 31
Turkey Legs and Vegetables 35
Turkey Breast and Vegetables 38
Turkey Casserole 41
Turkey Salad 44
Turkey Pot Pie 47
Turkey Chili 51
Turkey Meatloaf 55
Resources: 59
About the Author 62
Connect with Abby Brown 63

Chicken

People used to raise chickens for eggs and meat. This led to eating the chickens that could no longer could lay eggs. The meat might be tougher, one reason there are so many traditional chicken stew and soup recipes.

Even in a subdivision lot, there is plenty of room to raise four or five chickens for pest control. In some cities, there are limits on how many chickens per amount of land. In others, chickens are not allowed. When choosing to add chickens to your yard, consider the pesticides you use, and the pesticides on the other side of the fence. Pesticide covered bugs may jump the fence and be eaten by the chickens. That pesticide is carried in their bodies and passed into their eggs and meat.

Chickens that have not been fed antibiotics will cost more, appear smaller, and their meat will taste different. Store bought chicken may have a gluten based juice in the package.

Whole Chicken

Baking a whole chicken is much like baking a turkey on a smaller scale. There are two primary ways to bake a whole chicken. Cooking time is reduced if a whole chicken is chopped up precooking. For this recipe, chicken will be treated as a miniature turkey. Undercooked chicken can harbor dangerous bacteria. Use a meat thermometer, or meat falling off the bones, to indicate doneness. Cooking time for a whole chicken is based on weight, and the oven. Plan a minimum of 2 hours for a regular oven. Check the time and weight guide for the table top oven.

Pre Cook Preparation:

Marinate: Optional with gluten free chicken gravy

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 2 hours later, (or based on weight and time need to cook) when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Gravy (gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- 3 to 5 pound whole chicken

Vegetables:
- Corn on the cob
- 15 ounces of potatoes (mashed)

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Verify internal part of chicken is clean and clear of ice and gizzards.
2. Place 3 to 5 pound chicken on rack in table top oven.
3. Add about an inch of water to boil safely for an hour.
4. Turn to 350 degrees.

Cook Temperature: 350 degrees (verify with booklet)

Cook Time: 13 to 17 minutes per pound (verify with booklet)

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chicken Casserole

Chicken casserole is a good leftovers dish. It can be made with a variety of vegetables as the base and with or without mushroom soup. There is also the option of adding gluten free biscuits to the casserole for additional texture in the old fashioned chicken and dumplings style. Chicken casserole can be made with canned chicken, frozen chicken, or a combination of diced chicken and turkey. Depending on the size pan used, it may take longer to cook. This casserole freezes well for future meals, especially summer meals when it is too hot to cook. A delightful treat.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Chicken

Mushrooms

Cream of Mushroom Soup (gluten)

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Chicken

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:

- 2 cups of chopped chicken

Vegetables:

- 15 ounces of peas
- 15 ounces of carrots
- 3/4 cup of instant mashed potatoes

Other ingredients:

- 2 tablespoons of butter
- Cream of mushroom soup (gluten free)
- 1 teaspoon of salt
- Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:

1. Chop chicken.
2. Add to 2.5 quart oven safe pan:
   - 2 tablespoons of butter
   - 15 ounces of carrots
   - 2 cups of chopped chicken
   - 1 can of cream of mushroom soup
   - 5 ounces of peas
   - Spices such as pepper to taste
   - 3/4 cup of instant mashed potatoes
   - 1 teaspoon of salt
3. Place covered pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2.5 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Baked Chicken Thighs and Vegetables

Chicken thighs, like the legs, are dark meat. They have more moisture naturally, and are easier to cut and eat than chicken legs. Sometimes, packages include legs and thighs. These can be great, as well. They are delicious whether barbecued, grilled, or smothered in mushroom sauce. Thighs cut easily after being cooked. They are a perfect meat to cook in water and chop to use on noodle recipes. Like other forms of chicken, under cooking can be dangerous, due to microorganisms. Over cooking can make it tougher. Using a meat thermometer will check for the perfect safe done time.

Precook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- **Cut meat into bite sized pieces before sitting down**
- **Frozen or canned vegetables can be used**
- **Long oven mitts and oven rack puller**
- **Sit on a stool while stirring**

Visual Accommodations:

- **Colored chopping boards**

Potential Food Allergy or Intolerance:

- **Barbecue Sauce (gluten, tomatoes)**
- **Butter (lactose)**
- **Chicken**
- **Pepper**
- **Potatoes**
- **Spices**
- **Turkey**

Meatless Preparation Avoid:

- **Butter**
- **Chicken**
- **Substitute with: _____**

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 8 chicken thighs

Vegetables:

- 15 ounces of corn
- 15 ounces of peas
- 15 ounces of potatoes (mashed)

Other ingredients:

- 1/4 cup of barbecue sauce (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken thighs in 1.5 quart oven safe pan.
2. Add enough water to cover the bottom of the pan well.
3. Drop about a tablespoon of barbecue sauce on each thigh.
4. Add a dash of salt across the pan.
5. Cover the pan and place in the oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 thighs per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Barbecued Chicken Legs and Vegetables

Chicken legs and vegetables are an easy, messy meal. Napkins will be needed. Chicken legs are dark meat, with specific proteins and vitamins not as easily available in the light meat. Once a common picnic food. Washing the grease off fingers is very difficult, even with a sink, soap, and water. Also, chicken is not recommended as picnic food, due to the potential for food poisoning. Earlier generations rarely had a problem, and they didn't have refrigeration. However, they also had higher levels of natural beneficial digestive bacteria. Don't take chances with food safety. Safely enjoy baked chicken at home.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)
Butter (lactose)
Chicken
Mushrooms
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 4 to 6 chicken legs

Vegetables:

- 15 ounces of corn
- 15 ounces of green beans
- 15 ounces of peas

Other ingredients:

- 3 tablespoons of barbecue sauce (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken legs in 1.5 quart oven safe pan.
2. Add water to the bottom of the pan.
3. Add a dash of salt across the pan.
4. Drop about a tablespoon of barbecue sauce on each chicken leg.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken leg per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chicken Chili

Chicken chili is sometimes called white chili. There are many styles to fix, and sometimes this style contains little, or no, tomato juice. It commonly contains noodles, as well as chicken, to reinforce the lighter color choice. In some ways, lighter colored chili is more filling in smaller amounts and often has fewer spices. A good gentle chili for people with allergies and who have recently been ill. Sometimes, this style of chili is even served cold in the summer. An easily adjustable recipe, add or subtract ingredients as desired. Gluten free cornbread or crackers also add flavor and texture.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards
Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:

Cheese (lactose)
Chicken
Chili Powder
Mushrooms
Noodles (gluten)
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon.
Pan: 8 quart pan with lid

Ingredients:

Meat:
2 pounds of diced chicken

Vegetables:
15 ounces of chili beans
2 (15 ounce) cans of dark red kidney beans
2 (15 ounce) cans of light red kidney beans
2 (15 ounce) cans of great northern beans
Optional:
46 ounces of tomato juice
15 ounces of tomato sauce
2 cups of diced onions
2 cups of shredded cheese
1 package of noodles (gluten free)
Up to 1/2 cup of chili powder

Other ingredients:
1 teaspoon of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Chop chicken into cubes and add to 8 quart pan with lid.
2. Add:
   - 15 ounces of chili beans
   - 30 ounces of dark red kidney beans
   - 30 ounces of light red kidney beans
   - 30 ounces of great northern beans
   - Optional:
     - 46 ounces of tomato juice
     - 15 ounces of tomato sauce
     - 2 cups of diced onions
     - 2 cups of shredded cheese
     - 1 package of gluten free noodles
     - Up to 1/2 cup of chili powder
     - 1 teaspoon of salt
3. Stir frequently until mixture comes to a boil.
4. Lower temperature 1/3.
5. Cover and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chicken Salad

Chicken salad is a common summer dish, and in the gluten community, it is eaten on bread or crackers. It becomes a dish the gluten free household may avoid. It doesn't have to be. Chicken salad can be just as good on gluten free crackers, or even as a scoop beside pickles, chips, and typical summer fare. Other options include gluten free wraps, or using a plain pizza crust as a base. Chicken salad can be made with or without onions and pickles. Boil the eggs the night before and allow it to soak for a few hours before eating.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation

B. Set timer to one hour while eggs boil

C. Eggs need to cool before shelling

D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Chicken

Crackers

Crumbs (gluten)

Eggs

Mayonnaise

Onion

Pepper

Relish

Spices

Meatless Preparation Avoid:

Chicken

Eggs

Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:
- 1 cup of chopped chicken,
- 4 boiled eggs.

Vegetables:
- 1/4 cup chopped onion
  - Optional:
    - 6 ounces of peas

Other ingredients:
- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 2 tablespoons of pickle relish (or diced pickles)
- Dash of salt
- Spices, such as pepper, to taste
- (Commonly includes: garlic powder, lemon pepper)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 1 cup of chicken
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles
     - Optional:

6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and place in the fridge
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Grilled Chicken

Chicken breasts and thighs can be grilled on the indoor tabletop grill. Legs do not grill as easily as thinner slices. It takes a long time to be sure they are done. On an outdoor grill, there is a risk that they may not be fully cooked. However, slightly pink (near the leg bone) grilled chicken can still be safe to eat. Use a meat thermometer to verify grilled chicken is completely cooked. Chicken can be grilled in an open pan, or in packets. Individual packets allow an additional option of individualizing a meal, especially helpful for those with allergies.

Pre Cook Preparation:

Marinate: Yes

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)
Butter (lactose)
Chicken
Italian Dressing (gluten, spices)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:
Butter
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: ** Grill packet.
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Individual pieces of chicken

Vegetables:
15 ounces of baked beans (see grill recipe)
4 baked potatoes
4 corn on the cob

Other ingredients:
Dash of salt
1 tablespoon of butter
Spices, such as pepper, to taste
Optional: Choose one of the following:
1 tablespoon barbecue sauce
1 tablespoon mushroom sauce
1 tablespoon Italian dressing

Preparation time: 10 minutes

Preparation:

This recipe is going to vary based on individual tastes. Choose only one of the optional ingredients to add flavor to the individual piece of chicken.

1. Prepare the grill packet.
2. Add a piece of chicken to each grill packet.
3. Add a dash of salt and piece of butter to each grill packet.
4. Add one optional ingredient to each grill packet, if desired.
5. Close packet and prepare it for the grill.

Cook Temperature: Grill

Cook Time: Varies based on grill, about 20 minutes average

Servings: 1 grill packet per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Mushroom Chicken Breasts and Vegetables

Mushrooms add a delightful texture and taste to chicken. Adding mushroom soup and sliced mushrooms add moisture to otherwise dry breast meat. This can be a buried treasure meal. If the chicken is well covered, it might be easier to slice across the pan, and remember to dish out plenty of soupy sauce to cover the chicken on the plate, or in a bowl. In allergy households, the chicken can be baked in plenty of water. For those who can have them, mushrooms and soup can be cooked separately and added on the plate, or in a bowl, after being cooked.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- **Cut meat into bite sized pieces before sitting down**
- **Frozen or canned vegetables can be used**
- **Long oven mitts and oven rack puller**
- **Sit on a stool while stirring**

Visual Accommodations:

- **Colored chopping boards**

Potential Food Allergy or Intolerance:

- **Chicken**
- **Mushrooms**
- **Mushroom Soup (gluten)**
- **Onions**
- **Pepper**
- **Potatoes**
- **Spices**

Meatless Preparation Avoid:

- **Chicken**
- **Substitute with: _____**

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 4 to 6 chicken breasts

Vegetables:

- 15 ounces of corn
- 15 ounces of green beans
- 4 ounces of mushrooms
- 15 ounces of peas

Other ingredients:

- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken breasts in 1.5 quart oven safe pan.
2. Cover chicken breasts with sliced mushrooms.
3. Pour a can of mushroom soup across the top.
4. Add a dash of salt across the pan.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken breast per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey *

Turkey is a versatile meat bird. Turkey eggs are rarely found available to be eaten, as the grown bird is far more valuable. Although turkeys lay eggs like chickens, only their adult meat is normally cooked in similar ways. They take longer to cook than the average chicken. However, turkey meat has successfully been formed into ground meat, to be used in soups, stews, meatloaf, burgers, and chili. It can also be spiced and formed into sausage, or flattened into strips, and made into bacon. In many ways, turkey can be used as a healthier meat to replace chicken, pork, and beef, with far less grease and fat. Turkey can be baked, fried, grilled, or microwaved based on portion size. Pit cooking, alongside pork, can also be done, though not covered in this cookbook.

Turkey can be enjoyed regardless of time of year. A frozen turkey cooked in a table top oven produces little heat, and can feed a family for days. Especially in the summer, when light meals, like turkey salad are most appreciated. Or chopped and frozen to later be thawed and used in various recipes.

* Turkey burger recipes are included in with beef burger recipes. Almost any meal that can be made with beef burger can be made with turkey burger.

Turkey is a safe meat to be used in place of chicken in home cooked meals for sick dogs or cats, with a veterinarian's recommendation. However, do not feed turkey bones, especially cooked ones, to pets.

Whole Turkey

Most people have a funny or sad first whole cooked turkey story. I've cooked a few turkeys in the oven and was never satisfied with the amount of time it took or the heat lost. A whole turkey almost fills a table top oven. There is very little heat loss, and it cooks in about half the time of a conventional oven. Lift the inner lining out and set it on the table to carve the turkey. No bending over to lift a heavy turkey, and the oven is free to prepare foods that only need an hour to bake.

Pre Cook Preparation:

Marinate: Gluten free gravy

A. Thaw turkey in fridge for about 5 days (based on weight and instructions on the package)

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when next part of the meal should be prepared

Determine this by one of two methods:

For oven cooking, a basic pounds and time to cook guide is generally located on the packaging.

For table top oven, consult the book that came with it. The oven I use says 15 to 17 minutes per pound. A 16 pound turkey should take a minimum of 4 hours to bake. At 3 hours, or a little less, I need to be prepared to start the vegetables. I don't want to start them too early, as it could take 4.5 hours for the turkey to bake.

Meal Adaptations:

Physical Accommodations:

Allow the meat cook to well done so it slides off the bones

By using the table top oven, there is little to no bending

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring vegetables

Visual Accommodations:

Colored chopping boards

Use the table top oven to avoid burns

Potential Food Allergy or Intolerance:
- Broccoli
- Butter (lactose)
- Gravy (gluten)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:
- Butter
- Turkey
- Substitute with: _____
- Vegetarian style turkey is available

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- Turkey

Vegetables:
- Corn on the cob
- 15 ounces of potatoes, (diced, mashed, sliced)
- Sweet potato pie

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:

1. **Thaw the turkey. This takes several days in the fridge. Follow guide on turkey package.**
2. **Rinse turkey.**
3. **Thaw inside and remove plastic leg holders, gravy packets, and giblet packets that may have been frozen inside.**
   Important: Do not bake giblets, gravy packets, or plastic leg holders inside the turkey. Gravy and giblets may contain gluten.
4. **Rinse turkey inside and out.**
5. **Place inside the table top cooker pan.**
6. **Add 2 inches of water.**
7. **Slice the breast meat down the center for easier cooking.**
8. **Tuck wing tips underneath each wing.**
9. **Set pan in table top oven and turn to 350 degrees, or as specified by the cooker. Be sure cooker is not touching anything. The cord will become warm.**

Cook Temperature: 350 degrees

Cook Time: Based on size, generally 3 to 4 hours

Servings: A week's worth of turkey to eat, and freeze for later

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Legs and Vegetables

Dark meat contains many specific vitamins and minerals. It has a softer, moister texture than the white meat. A perfect comfort food when you don't feel well. The only problem with turkey legs is all the extra cartilage strings. Cook it, let it cool, and the meat should fall right off, allowing the cartilage strings to stay in your hand. Turkey legs can be bought by themselves, and they only take about two hours to cook in a conventional oven. Even less time in a table top oven. The meat can then be chopped and used in a variety of dishes.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Table top oven

Visual Accommodations:

- Colored chopping boards
- Table top oven

Potential Food Allergy or Intolerance:

- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:

- 2 turkey legs

Vegetables:

- 2 pieces of corn on the cob
- 15 ounces of green beans
- 2 potatoes

Other ingredients:

- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Open the table top oven and place inside pan:
   - 2 pieces of corn on the cob
   - 15 ounces of green beans
   - 2 potatoes
   - 2 turkey legs
   - Dash of salt
   - Spices, such as pepper, to taste
2. Add about an inch of water.
3. After about an hour, check to see if the meat and potatoes are done.

Cook Temperature: 350 degrees

Table top oven time and temperature may vary.

Cook Time: 1.5 to 2 hours

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Breast and Vegetables

Preparing a moist turkey breast can be difficult for people living a gluten free lifestyle. There are two tricks that can help. Save and freeze turkey juice after each turkey cooking so some is available to make a juicy gravy. Or use a gluten free chicken gravy or soup mix to add to the pan to keep it moist. Sometimes, turkey breasts are sold separately from the rest of the turkey. Or the breasts may be saved from the turkey for meals later on. A great dish, regardless of season, whether froze, or fresh. Mushrooms and onions add additional flavor.

Pre Cook Preparation:

Marinate: Yes, in gluten free turkey, or chicken, gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Table top oven

Visual Accommodations:

- Colored chopping boards
- Table top oven

Potential Food Allergy or Intolerance:

- Gravy (gluten)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
- 2 turkey breasts

Vegetables:
- 4 corn on the cob
- 2 potatoes
- 15 ounces of sweet carrots

Other ingredients:
- 15 ounces of gravy (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place turkey in pan.
2. Poke a few holes into the turkey meat.
3. Pour gluten free gravy on top.
4. Place pan in oven.
5. Place corn in a covered pan in the oven at the same time.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Casserole

Turkey casserole is a great way to use up holiday leftovers, or any leftovers in the fridge with a batch of frozen turkey. A turkey casserole can be made with just about any combination of vegetables. Don't overdo it with too many different types. Trying to stick to theme can make it easy and delicious, such as greens, basics (corn, potatoes, carrots), spring garden (yellow and green squash, green beans), or bready (vegetables and gluten free biscuits). With so many options, only one can be covered here. Adjust to personal tastes. Or try each one at a different time.

Pre Cook Preparation:

Marinate: Yes, in a gluten free gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Chopper to cut up meat
- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe casserole pan

Ingredients:

Meat:
- 2 pounds of shredded turkey

Vegetables:
- 6 ounces of carrots
- 6 ounces of peas
- 6 ounces of potatoes (sliced or diced)
- Optional:
  - 4 ounces of mushrooms
  - 1/4 cup of chopped onions

Other ingredients:
- 15 ounces of gravy (gluten free)
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Dice potatoes.
2. Dice 2 pounds of turkey.
3. Mix in 2.5 quart oven safe casserole pan:
   - 6 ounces of carrots
   - 6 ounces of peas
   - 6 ounces of potatoes (sliced or diced)
   - 2 pounds of shredded turkey
   - Dash of salt
   - Spices, such as pepper, to taste
   - Optional:
     - 4 ounces of mushrooms
     - 1/4 cup of chopped onions
4. Add a gluten free gravy mix and stir.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Salad

Turkey salad is often made from leftover holiday turkey. It's more enjoyable in the summer, made from frozen chopped turkey, if necessary. Living gluten free often means none of the sandwich and cracker parties that are so common. There are gluten free options. So similar in appearance, it would be easy to mix them up at a party. Another option is topping a pile of gluten free noodles. Eggs can be cooked as early as a day before. If multiple meat salads are made, add a dash of mustard to one to differentiate them.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation
B. Set timer to one hour while eggs boil
C. Eggs need to cool before shelling
D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Mayonnaise
Onion
Pepper
Relish
Spices
Turkey

Meatless Preparation Avoid:

Eggs
Turkey
Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:
- 4 boiled eggs
- 1 cup of chopped turkey

Vegetables:
- Optional:
  - 6 ounces of peas

Other ingredients:
- Dash of salt
- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 1/4 cup chopped onion
- 2 tablespoons of pickle relish (or diced pickles)
- Spices such as pepper to taste
  - (Commonly includes: garlic powder, lemon pepper)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles
   - 1 cup of chopped turkey

Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings.
Counter safe: 30 minutes and place in the fridge.
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources.
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources.

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Turkey Pot Pie

Turkey pot pie is a staple leftovers dish that many fear they can never again enjoy living a gluten free lifestyle. Several gluten free flours are available that work great for a pie crust. It's easy to make, though joining a top and bottom crust can be a challenge. Don't worry about joining the crusts. Enjoy the meal. Turkey pot pie can also be made from frozen leftovers, for a good early spring, or late fall meal. Or a great way to clean out the extra vegetables in the fridge after a long day. Frozen ones are available, as well.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli
Butter (lactose)
Eggs
Milk (lactose)
Mushrooms
Onions
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:
Butter
Eggs
Milk
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
1 pound of sliced turkey

Vegetables:
15 ounces of carrots
15 ounces of peas
15 ounces of potatoes (diced)

Other ingredients:
1 baking mix (gluten free)
Verify amounts of extra ingredients:
1/4 cup of butter
2 eggs
Milk, or
Water
1 tablespoon of butter
Mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Baking Mix:

1. Combine in a mixing bowl.
   Verify package ingredients:
   1/2 cup of butter
   2 eggs
   1/4 cup milk, or
   1/4 cup water

Vegetables:

1. Open cans of:
   15 ounces of carrots
   15 ounces of peas
   15 ounces of diced potatoes

Meat:

1. Dice 1 pound of cooked turkey.

Combine in oven safe pan:

1. Melt 1 tablespoon of butter and cover the bottom of the 2.5 quart pan.
2. Lightly tap and spread half of the baking mix into the bottom of the pan.
3. Add:
   15 ounces of carrots
   1 can of gluten free mushroom soup
   15 ounces of peas
   15 ounces of diced potatoes
   Dash of salt
   Spices, such as pepper, to taste
   1 pound of diced turkey.
4. Add the second half of the baking mix in small spoonfuls, spreading it across the top carefully.
5. Cut 2 small squares of butter (about 4 times the width of the knife) and break into smaller squares. Sprinkle on top.
6. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 to 2 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Chili

Turkey chili is tasty take on the winter favorite. Although it is similar to beef chili, there is the potential for more variance in flavor. Some people prefer to add more tomato base, or spices, to turkey burger. While other people prefer to add vegetables and/or chicken to their turkey chili. This is a great winter meal that can be made in large quantities easily and frozen for a later time. It can be frozen in small quantities to be used in the summer on hot dogs. While frozen, it can easily be transported in an ice chest for long distances.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Mushrooms
- Noodles (gluten)
- Onions
- Pepper
- Potatoes
- Spices
- Tomatoes
- Turkey

Meatless Preparation Avoid:
Butter
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 quart pan with lid

Ingredients:

Meat:
2 pounds of ground turkey

Vegetables:
15 ounces of chili beans
2 (15 ounce) cans of dark red kidney beans
2 (15 ounce) cans of light red kidney beans
2 (15 ounce) cans of great northern beans
46 ounces of tomato juice
15 ounces of tomato sauce
Optional:
2 cups of diced onions

Other ingredients:
1 teaspoon of salt
Spices such as pepper to taste
Optional:
2 cups of shredded cheese
Up to 1/2 cup of chili powder
1 box noodles (gluten free)

Preparation time: 10 minutes

Preparation:

1. Chop turkey into cubes and add to 8 quart pan with lid.
2. Optionally: Use 2 pounds of ground turkey. Fry in the 8 quart pan before adding other ingredients.
3. Add:
   - 15 ounces of chili beans
   - 30 ounces of dark red kidney beans
   - 30 ounces of light red kidney beans
   - 30 ounces of great northern beans
   - Optional:
     - 46 ounces of tomato juice
     - 15 ounces of tomato sauce
     - 2 cups of diced onions
     - 2 cups of shredded cheese
     - 1 package of gluten free noodles
     - Up to 1/2 cup of chili powder
     - 1 teaspoon of salt
4. Stir frequently until mixture comes to a boil.
5. Lower temperature 1/3.
6. Cover, and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Meatloaf

Turkey meatloaf has a slightly softer taste than beef meatloaf. It tends to crumble easier, especially if made in the gluten free method. It's better the second day around for a solid meatloaf. Vegetables can be cooked within the meatloaf and make it a different texture and taste. Some of the best vegetables inside a meatloaf include mushrooms, corn, peas, and diced carrots. Making it gluten free and moist is not difficult. Use gluten free rice or corn cereal, and oatmeal, in place of crackers and bread. Plenty of eggs, and a dash of corn starch will hold it together.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Sausage

Spices

Turkey

Meatless Preparation Avoid:
- Butter
- Eggs
- Pork
- Sausage
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
- 3 large eggs
- 2 pounds of turkey burger
- 1 pound of pork sausage

Vegetables:
- 6 ounces of diced carrots
- 6 ounces of corn
- 4 to 6 ounces of mushrooms
- 6 ounces of peas

Other ingredients:
- 1/2 to 3/4 cup of barbecue sauce (gluten free) (estimated)
- 1/8 teaspoon of corn starch (estimated)
- 1/2 to 3/4 cup of ketchup (estimated)
- 3/4 cup of oatmeal, (gluten free) (estimated)
- 1 cup of pounded rice or corn cereal (gluten free)
- 1/4 teaspoon of salt
- Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:

1. Stir together dry ingredients:
   1/4 teaspoon salt
   1 cup of oatmeal
   1 cup of gluten free crushed cereal (corn or rice squares)
2. Add optional:
   6 ounces of diced carrots
   6 ounces of corn
   4 to 6 ounces of mushrooms
   1/4 cup of onions
   6 ounces of peas
3. Add
   3 eggs
   1/2 cup of ketchup
   1/2 cup of barbecue sauce
4. Stir well.
5. Add:
   2 pounds of turkey burger
      Optional:
         1 pound of sausage
6. Stir well.
7. If it is too moist, add:
   A bit more oatmeal, or
      Crushed cereal
         Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
   A bit more ketchup, or
      Barbecue sauce
         About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan and then place pan into oven.

Cook Temperature: 350 degrees

Cook Time: 2 hours

Servings: 12

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Resources:

American Gastroenterological Association. "Understanding Food Allergies and Intolerances." Accessed 02/26/2010. http://www.gastro.org/patient–center/diet–medications/food–allergies–fructose–intolerance–and–lactose–intolerance

ASPCA. "People Foods to Avoid Feeding Your Pets." Accessed 06/27/14. http://www.aspca.org/pet–care/animal–poison–control/people–foods–avoid–feeding–your–pets

Beef Retail. "Beef Made Easy Beef Retail Cuts and Recommended Cooking Methods." Last modified 2009. Accessed 02/14/14. http://www.beefretail.org/CMDocs/BeefRetail/efcdisplaytools/BeefMadeEasyCutChart.pdf

Celiac.org. "Sources of Gluten." accessed 05/20/14. http://celiac.org/live–gluten–free/gluten–free–diet/sources–of–gluten/

Celiac Disease Foundation. Accessed 02/26/2010. http://www.celiac.org/

Centers for Disease Control and Prevention. "Food Safety." Last modified April 17, 2014. Accessed 04/20/2013. http://www.cdc.gov/foodsafety/

FDA U.S. Food and Drug Administration. "Safe Food Handling: What You Need to Know." Last modified 03/22/2013. Accessed 05/14/14 http://www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm255180.hhhhhtm

FDA U.S. Food and Drug Administration. "Food facts for Consumers." Last modified 09/24/2013. Accessed 05/14/14. http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.hhhhhtm

FDA U.S. Food and Drug Administration. "Food Allergies: What You Need to Know." Last modified 05/12/2014. Accessed 05/14/14 http://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.hhhhhtm

FDA U.S. Food and Drug Administration. "Gluten and Food Labeling: FDA's Regulation of 'Gluten–Free' Claims." Last modified 02/24/2014. Accessed 05/14/14. http://www.fda.gov/Food/ResourcesForYou/Consumers/

ucm367654.hhhhhtm

FDA U.S. Food and Drug Administration. "FDA Food Storage Chart." Accessed 05/14/14. http://www.fda.gov/downloads/Food/ResourcesForYou/HealthEducators/UCM109315.pdf

The Food Allergy & Anaphylaxis Network. Accessed 02/26/2010. http://www.foodallergy.org/

Food Allergy. Accessed 02/26/2010. http://www.food–allergy.org/

Food Reactions. "Fructose Malabsorption." Accessed 02/26/2010. http://www.foodreactions.org/intolerance/fructose/malabsorption.html

Gluten Free Gluten.com "Potential Hidden Sources of Gluten." Accessed 05/20/14. http://www.glutenfreegluten.com/wp–content/downloads/Hidden_Gluten_Sources.pdf

Medicine Net. "Food Allergy." Accessed 02/26/2010. http://www.medicinenet.com/food_allergy/article.htm

National Digestive Diseases Information Clearinghouse. "Celiac Disease." September 2008. Accessed 02/26/2010. http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/

Petfinder. "Dangerous Foods for Dogs." Accessed 06/27/14. https://www.petfinder.com/dogs/dog–nutrition/dangerous–foods–for–dogs/

Pet Poison Helpline. "Poisons." Accessed 06/27/14. http://www.petpoisonhelpline.com/poisons/

Princeton University. "Outdoor Action Guide to Hypothermia And Cold Weather Injuries." Rick Curtis. Accessed 05/14/14. http://www.princeton.edu/~oa/safety/hypocold.shtml

Ruiz, Jr., MD, Atenodoro R. Merck Manuals Online Medical Library. "Digestive Disorders - Malabsorption" Modified January 2013. Accessed 02/26/2010 http://www.merck.com/mmhe/sec09/ch125/ch125a.html

Ultimate Gluten Free. "Sources of Hidden Gluten in Non–Food Products." Accessed 05/20/14. http://ultimateglutenfree.com/sources–hidden–gluten–non–food–products/

United States Department of Agriculture. "Food Safety." Date modified: 03/13/2014. Accessed 04/20/13 http://www.usda.gov/wps/portal/usda/usdahome?navid=FOOD_SAFETY

United States Department of Agriculture. "Cooking Measurement Equivalents." Last modified May 15, 2001. Accessed on 04/20/2013. http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement_equivalents.html

U. S. Department of Health and Human Services. Accessed 04/20/2013. http://www.foodsafety.gov/

Virtual Weber Bullet. "Pork Carcass." Accessed 02/14/14http://virtualweberbullet.com/meatcharts_photos/porkcarcass.pdf

Virtual Weber Bullet. "Pork Cuts." Accessed 02/14/14. http://virtualweberbullet.com/meatcharts_photos/porkcuts.pdf

What's Cooking America. "Food Storage Chart – Food Storage Guidelines." Linda Stradley of What's Cooking America. Accessed 05/14/14. http://whatscookingamerica.net/Information/FreezerChart.htm

###

Thank you for reading Allergy Free Meat. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

Connect with Abby Brown

Email with questions or comments - aprilbrownextra@gmail.com

Read and review my books on BookBub - https://www.bookbub.com/profile/april-d-brown

Pinterest - https://www.pinterest.com/uncoveredMyths

Visit my Website - http://uncoveredmyths.wixsite.com/uncoveredmyths